



# *The Staff COVID-19 Response Team's (SCRT) Thanksgiving* **TRAVEL-SAFE CHECKLIST**

## **Before You Go:**

- Consider where you're going and what the risks and restrictions are there ([CDC COVID Data Tracker](#))
- Consider how you'll get to your destination and what the risks are with each mode of transportation ([CDC's Know Your Travel Risk](#))
- Think about what you'll need to stay safe during your trip. For example, masks, hand sanitizer, tissues.
- Prepare to work from home should you fall ill/get exposed/test positive upon your return
  - o Speak to your supervisor in advance to learn whether you will be able to work from home upon your return.
  - o Before you leave, bring all the supplies necessary for your job duties home with you.
  - o Ensure that you will be able to connect your work laptop/tablet to your home network while working from home
- Practice safe behaviors in the days/weeks leading up to departure to help protect those you're visiting, especially the immunocompromised and elderly. Encourage those visiting you to do the same. ([CDC How to Protect Yourself & Others](#))
- GET YOUR FLU VACCINE

## **While Traveling & At Your Destination:**

- Do not travel or participate in any in-person holiday activities if you meet any of these criteria: ([CDC Know When to Delay your Travel to Avoid Spreading COVID-19](#))
- Avoid large crowds if possible
- Always wear a mask while in public
- Spend time with family and friends outdoors if possible. If being outdoors is not possible, limit the number of people in attendance and encourage wearing masks.
- Avoid close-contact greetings. For example, hugging, kissing, handshakes
- Social distance, even with friends and family
- Engage in low- and moderate-risk holiday activities (see next page)
- Avoid higher risk activities (see next page)
- Wash/sanitize hands frequently





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## **When You Get Back:**

- SCRT recommends that all staff returning from traveling get a COVID-19 test regardless of symptom or exposure status. Wait 4-5 days after you've returned to get tested ([Harris County Testing Locations](#)).
- If you're able/approved to work from home until you receive your test results, it is recommended you do so. If you must come into work, always wear a mask and social distance.
- Monitor your temperature and symptoms upon your return. If you notice any new or abnormal symptoms, call SCRT before physically returning to work ([CDC Symptoms of Coronavirus](#)).
- Make sure the people you visited communicate with you if they test positive within 10 days following your visit.

Ask yourself, "Am I **S.E.T.**? Do I have COVID-19 **S**ymptoms, **E**xposure or a positive **T**est result?"

**If you answer "Yes" to any of these, call SCRT immediately @ (832) 927-1793**

## **Low Risk Thanksgiving Activities:**

- Having a small dinner with only the people who live in your household
- Having a virtual dinner with friends and family
- Shop online rather than in person on Black Friday or Cyber Monday

## **Moderate Risk Thanksgiving Activities:**

- Have a small outdoor dinner with family and friends who live in your community
- Visit businesses that practice safe behavior. For example, a pumpkin patch or orchard that encourages patrons to use hand sanitizer before entering, social distancing encouraged/possible

## **High Risk Thanksgiving Activities (AVOID THESE):**

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Attending crowded parades
- Attending large indoor gatherings with people from outside your household

For more Thanksgiving activity ideas, visit [CDC's Holiday Celebrations](#) page.



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